

# Jeet Kune Do & Kali Drills—Year 1

First third

## Boxing 1-6; 1, Double jab, cross

- 2, jab, cross, hook, cross
- 3, R uppercut, hook cross
- 4, Jab cross, bob weave L hook, cross, hook, cross
- 5, Jab, shuffle in, L body hook, L head hook, cross
- 6, Jab, cross, body weave with left hook, uppercut, hook cross

## Muay Thai R kick start

1. Right round kick - hook - cross - left round kick
2. Right round kick - hook - cross - right round kick
3. Right round kick - hook - cross - right knee
4. Right round kick - hook - cross - right elbow
5. Right round kick - hook - cross - hook

## Basic trapping of a jab

1. Pacsau, backfist. Cross, hook, cross, shuffle kick
2. Pacsau, backfist, lopsau backfist. Cross, hook, cross, shuffle kick

## Panantukan

- 1-14 is of reference, 7 one side, 7 other side

## Jun fan 1—2 series

1. Parry both jab and cross, return cross, hook, cross and shuffle kick
2. Parry jab, finger jab over cross, return cross, hook, cross and shuffle kick

## Stick

- Angles 1—8 with correct footwork
  - 2 disarms of angles 1—5
- Heaven six  
Redondo

## Knife

- Angles 1—5 with correct footwork with normal grip
- Partner flow using back of hand showing correct footwork

## Shadow boxing

- Showing all the skills you have learnt of this syllabus, with and without a stick (kerenza)

